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Herald of Osteopathy, April 1901

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The

Herald of Osteopathy

April, 1901

Devoted to the Advancement of the Science of
Osteopathy

A. L. EVANS, D. O., Publisher,
31 Loveman Building, Chattanooga, Tenn.



OSTEOPATHY DEFINED.

OSTEOPOTHY is a method of treating disease by manipulation, the purpose and result of which is to restore the normal condition of nerve control or blood supply to every organ of the body by removing physical obstruction, or by stimulating or inhibiting functional activity, as the condition may may require.—“*Theory of Osteopathy*,” *Riggs*.

Osteopathy is the science of treating disease through a technical manipulation by which the operator intelligently directs the inherent recuperative resources within the body itself to the restoration of health. It rests upon the theory that every diseased condition not due to a specific poison is traceable to some mechanical disorder, which, if corrected, will allow nature to resume perfect work.—*Popular Osteopath*.

Legal: “A system, method or science of healing.” (See statutes of the States of Missouri, Iowa, Michigan, Vermont, North and South Dakota and Tennessee).

Historical: Dr. A. T. Still, of Kirksville, Mo., a “regular” practitioner of medicine, is the founder of this new school of healing. Becoming dissatisfied with the use of drugs in disease, as have so many of the very best of the profession, he commenced a line of research which resulted in establishing in his mind the principles upon which the science rests, about the year 1874.

D. O., Diplomate or Doctor in Osteopathy: The degree conferred upon graduates from a School of Osteopathy, corresponding to the degree of M. D., conferred by a medical college.

The Herald of Osteopathy

APRIL, 1901.

TO THE READERS OF THIS MAGAZINE:

This copy of THE HERALD OF OSTEOPATHY is presented to you by the Osteopath in your city whose card appears on the fourth page of the cover. It is sent to you in the hope of interesting you in the healing science which he represents.

To those who are entirely satisfied in every case with the results of treatment at the hands of the old-school physicians; to those who believe that the sum of all knowledge of the healing art is embraced within the ranks of the so-called "regulars;" to those who worship the traditions of the past, and will believe no good of anything that is new, it would of course be useless to address any argument. But to that large class whose pain racked bodies are living witnesses of the impotency of drugs; to those who may believe that no sect or school has a monopoly of truth; and to those who are willing to

"Seize on truth wherever found,
On Christian or on Pagan ground,"

we commend a thoughtful perusal of the following pages.

THE METHOD OF OSTEOPATHIC HEALING.

W. L. RIGGS, D. O.

Times change and men change in them; and in that process of change oftentimes return to the point whence their ancestors started ages ago. The doctor was not always as he now is, nor will he ever be so. There is a growing desire on the part of the people to know WHY THINGS ARE? The priest, the teacher, and the doctor are finding that truth has the only claim to belief and that the hoary locks of established tradition no longer compel a following.

People are continually asking why they

are sick, and are not satisfied with answers which do not explain.

The general explanations of pain, "It is neuralgia, or It is rheumatism," would mean just as much if rendered into "It is pain." There would be no occasion for such questions and therefore no need for elusive answers if everyone would recognize the truth of the simple statement, that in a perfect condition of the body pain is impossible. This perfect physical condition can be secured for the average child by a careful, systematic

method of diet, exercise, and of clothing. Perfect health (barring accident) may be maintained throughout life by the same means, yet we neglect all these simple precautions and dope ourselves with drugs, vainly trying to delude ourselves with the belief that a *deadened* nerve means a *cured condition*.

Osteopathic practice has shown conclusively that in 99 per cent. of cases of pain there is unusual pressure on the nerve or nerves expressing that pain. The pain is simply a warning sign, an infallible indicator of trouble somewhere along the course of that nerve. The idea is erroneous that the Osteopath attributes all pains to dislocated bones. With carefully trained touch he discovers the slightest deviation from the normal position of co-acting surfaces, yet he must even more frequently discover the tightened bundle of muscle fibres which presses on blood vessel or nerve.

Thus Osteopathic therapeutics is based first, on correction, whether it be of bone or softer tissue; second, on relaxation of the musculature of the entire body and especially of the muscles affecting the nerves which express pain; third, a stimulation of the glandular tissues for the purpose of securing their normal activity. In rare cases the treatment of the secreting glands is to decrease their action rather than to increase it.

Health is the natural condition of the human body. It is harmony; it is the necessary product of a physical and a chemical equilibrium. To secure this chemical equilibrium there must be continuous, free and uninterrupted motion; motion of the fluids which nourish the tissues, motion of those which carry away their waste; and motion of the very life substance of the cells themselves. In case of any failure in any one of these actions, the chemical changes which ought to produce health are never completed and in-harmony is introduced. Materials are produced which cannot be eliminated from the tissues and the blood is loaded with poisons which deaden nerve centers, causing inactivity of the organs governed by

those centers. Life is the reaction of the body upon the materials of the food. Health is simply an evidence of the completeness of this reaction. Pain is an evidence of some failure in establishing the complete equilibrium of the force generated and liberated by these processes.

Motion is curative. It purifies the air, it prevents stagnation of standing fluids; it overcomes sluggishness of mental powers. Motion is an essential attribute of life. It is by guiding, controlling, directing motion that the Osteopathist preserves equilibrium of forces, regulates temperature, pulse rate, and glandular activity in the patient. Man is the most intricate of all machines, yet there is no machine which is more easily kept in perfect working condition. As long as the mechanism is in perfect repair the organism is in health. But when strains are put upon its parts by overwork, lack of care, failure in nourishment, etc., this same power that keeps the heart beating and the brain active will labor on under the unusual condition, seeking to accomplish its usual work. This is the opportunity for Osteopathy. By equalizing the forces of the body and removing the strain from this one organ the normal condition is restored. The Osteopath does not deny that drugs are useful. They often produce results, but the changes they produce in the tissues of the body are what makes their use of doubtful value. There can be no way better than nature's way; nature is the only power that can heal. Drugs produce their effect by exciting the nerves to their normal action despite adverse conditions, thus using up nerve force which they cannot restore, or else deadening the sensitiveness of the nerve tissue so that it will no longer respond to these wrong conditions. In either case its effect is produced at a fearful cost—a cost which is rarely ever repaid by nature in full. Osteopathy rights the physical error, and the same force which causes the heart first to beat, now equalizes that power and utilizes it toward health. Osteopathy makes no overdraft. There is no after effect; it never goes beyond the power of nature. It gets the best possible result from the imperfect machine and repairs the machine to the highest possible efficiency. The highest aim of Osteopathy is to supplement nature.

Elkhart, Ind.

THE OSTEOPATHIC PRINCIPLE.

SAMUEL DENHAM BARNES, B. S., D. O., CHICAGO, ILL.

The great difference between Osteopathic and other doctors and the characteristic that enables the Osteopath to do in many cases what other doctors cannot do, depends on the point of view from which they consider the body. The medical doctors look at the body very largely as a chemical laboratory for the handling of certain drugs which they prescribe; and they watch with great interest the effect of these drugs on the body and the way it responds to their action. The Osteopath does not share this view of the body. To the Osteopath there are no legitimate chemical changes in the body save those that take place by nature's own forces as a result of administering food and drink; in other words, the Osteopath considers the human body as a complicated piece of finely constructed and delicately adjusted machinery. Now if a piece of ordinary machinery fails to operate properly, supposing it to have been properly constructed in the first place, the failure must be due to one or the other of two general causes: either the different parts cause too much friction and need lubricating and cleaning such as the cleaning of a watch, or else one or more parts of the machinery are more or less out of their proper position. Applying this to the Osteopathic standpoint, disease in the body may in general be traced to a similar line of causes applied to the human body. In general, either the parts of the body need more "lubricating," that is to say, a better nerve and blood supply, or there is mal-adjustment of some of the parts in their relation to each other. This may be called in general the Osteopathic principle in so far as the latter can be expressed in a few words. It gives, however, only a very imperfect idea of Osteopathy, for in the application of the science it is worked out to an extreme minuteness of detail.

People often think that an Osteopath

has a specific set form of treatment for every disease, as the allopath does. With this in mind they often ask the Osteopath if he can cure this or that disease. If it is a disease that can be cured by simply adjusting the blood supply to different parts of the body, the Osteopath can readily say "yes," because of his control over the circulation of blood through the nerve centers; but otherwise his answer must depend on what he can find as the cause of the disease when he examines the body for physical displacements.

I will illustrate with a case: Annie C— was brought to my office suffering with mastitis (inflammation of the breast) on the left side, with severe pain in the shoulder extending from the spinal column down into the arm. The breast was very much swollen and periodically grew larger and then smaller. The girl was in such pain from her trouble that she was unable to do any work and was about ready to give up and go to bed with it when the case came to my attention. If I had been asked whether I could cure mastitis, the answer would have had to be guarded and made to depend on what cause could be found. But having the case to examine, I was able to say "yes, I think I can," because of the lesion which I found. The case presented this history: About a year and a half before she had fallen on her back and had been in bed for five weeks from the shock and from the affection of the breast from which she was now suffering. Her medical doctor managed to give her some relief, and she was able after a couple of months to get about and do her work. The trouble persisted more or less and about six weeks before coming to me, it began to grow worse again until it became unbearable and she presented the condition described above. I followed the sore place in her shoulder back to the spine, toward which the tenderness increased, and there I found two of the ver-

tebrae between the shoulders distinctly twisted to the left. There was the sorest spot in her body, and I pointed that out as the cause of the rest of her troubles. Treatment was directed to reducing the dislocations, to relieving the irritation that had been caused to the nerves supplying the parts, and to adjusting the circulation about the shoulder. Relief was immediate and the success of the treatment was striking. Within two weeks nothing was left of her troubles but a little soreness about the spine at the point of displacement, and in less than a month the vertebrae were restored to their proper position and the young lady rejoiced in perfect restoration to health.

Now that lesion between the shoulders is not the only thing that could have caused mastitis; nor is mastitis by any means the only disease that could have resulted from this lesion. It might have

been bronchitis, asthma or pleurisy. Exactly why the nerves to the breast were the ones to be affected in this case, rather than those to the bronchi or lungs, no human soul can tell. We will have to be content with saying that those particular nerves were irritated, and the others that pass that way probably were not.

Thus it will be seen that to be able to state definitely the results of treatment for a certain disease, the Osteopath must first seek the cause. Without this his statements are necessarily made at a venture, on the supposition that he will either be able to find and remove the cause, or that Osteopathic treatment of the nerve centers and adjustment of the circulation will bring about the desired result. An opinion based upon a thorough examination will always be found to be more satisfactory to all concerned.

910 McClurg Building.

A WORD ABOUT OSTEOPATHY.

It is significant to note how deep and universal, in the dawn of a new century, is the interest expressed in everything pertaining to natural therapeutics. Current literature, professional and otherwise, is full of matter on how to obtain health if lost and how to keep it if possessed. The ideas advanced are various, but the fact to be especially remarked is that the whole tendency is toward *non-medical methods*. One says diet is the secret of health, another, exercise; another has some formula about mind and matter; another says it's faith; but there is one point about which they all agree, and that is that the body does not require drugs to rid itself of disease.

Osteopathy is a science of drugless healing which is worthy the investigation of anyone interested in the best way of getting well and keeping well. It is a new contestant for laurels in the therapeutic world, and though yet young, it has already made many and staunch friends among people of the highest intelligence and culture.

First practiced in Kansas in 1874, by Dr. Andrew Taylor Still, a medical practitioner of the "old school" and a skilled surgeon, it has grown steadily until now, in 1901, there are several colleges for education in its principles and practice, and many hundreds of practitioners throughout the United States, in Canada, and even so far away as Honolulu. State legislatures have passed bills specially recognizing it as a science of healing, and it stands today strong, because it embodies truth, leading the revolution already begun against drug medication. Its paths are those of peace, however, results obtained being its only weapons. *Vis Medicatrix Naturae* is its fortress, and *Naturae Naturis Curantur* its motto.

When Dr. Still divorced himself from drugs, some thirty years ago, he began the study of anatomy in a way and from a viewpoint never before conceived of; and it is upon anatomy from this same viewpoint that we, as Osteopaths, base our science. We study living anatomy and physiology, with special attention to

nerve and blood distribution and to physiological function and the centers controlling such function, seeking—and finding—the cause for disease in mechanical and physiological disorders. Having found the cause, we remove it and nature effects the cure.

We believe—and our daily practice confirms our belief—that the body has within itself the power of recuperation and repair without the aid of any drug or other foreign substance, aside from proper food and drink, pure air, sunshine and suitable hygienic conditions.

The body is a wonderful mechanism, and a reservoir of vital forces. The Osteopath understands its operations as the engineer understands his locomotive; and by mastering its construction, its nerve centers, its blood and nerve supply, he can with trained touch affect those centers with as much certainty of result as the engineer when he opens a throttle or applies a brake. It is rational, reasonable, reliable; its effects are reconstructive, recuperative, and remedial; its philosophy is sound, and its practical application demonstrates its efficiency.

For instance, if the circulation to the head be disturbed, or its nerve supply be impinged upon, a headache will result. Coal-tar preparations galore may be administered, but they never cure the headache. By paralyzing the sensory nerves, they may allay the pain, but it will surely return, and the dose must be continually increased until the time comes when the "remedy" has no effect, and the head aches on in spite of the drug. The thing to do is to remove, by mechanical manipulation, any impingement upon the blood or nerve supply.

One of Dr. Still's homely illustrations of this point is this: Tread heavily upon a cat's tail and the cat will very naturally howl with pain. You may stroke pussy and give her all manner of good things, but she will not become quiet so long as she feels the pain. In this case the medical doctor's procedure would be to give kitty a nerve paralyzer; of course she will in all likelihood go to sleep, and to all

appearances be quite happy until the effect of the drug wears off, when she will begin to howl as before. Then give her another dose. Now the Osteopath would simply insist that your foot be taken off her tail.

The Osteopath regards the unobstructed, harmonious action of the various forces, fluids, and organs of the body as absolutely necessary to health; and until such harmony is restored, health is not possible. The pouring of drugs into the stomach will not affect the cause of the trouble, and will only aggravate it by weakening the vitality of the patient. We restore equilibrium and nature does the work.—*The Power of Nature.*

The Good of Laughter.

The following, which we clip from a newspaper, is a modern illustration of the fact that it is possible for a good thing to come out of "Nazareth:"

At the recent banquet of the National Wholesale Druggists' Association in Chicago, Rev. Frank Crane compared the respective remedial qualities of laughter.

Some of his epigrams were these:

Man is the only animal that was made to laugh, and, as science teaches that laughter means health, it is a sin for us to substitute excessive drug taking for laughter.

Laughter increases the blood circulation.

It enlarges the heart.

It expands the lungs.

It jiggers the diaphragm.

It promotes the dioculation of the spleen.

I once knew a man who laughed so much that when he died they had to cut his liver out and kill it with a club.

Beware of the theologians who have no sense of mirth—they are not altogether human.

Keep your chin up.

Don't take your troubles to bed with you—hang them on a chair with your trousers or drop them in a glass of water with your teeth.

WHAT OSTEOPATHY IS DOING.

A Few Cases Selected from Clinical Reports from the Field.

Reported by L. D. MARTIN, D. O., Barre, Vt.

Case No. 1.

SPINAL CURVATURE CURED.

A young lady suffering from chlorosis came for examination. I found a well-marked double curvature of the spine, involving the whole dorsal region, with single vertebral lesions, offsets, at tenth and eleventh dorsal and fourth and fifth lumbar. The spine was very sensitive at first, but this disappeared entirely after three or four treatments. Patient had been treated medicinally for some months, for the chlorotic condition, but the existence of a curvature had not been thought of previous to examination. Patient took twelve treatments with considerable benefit, yet all the symptoms were far from being overcome; some of the most distressing, however, were entirely relieved. At this time patient being anxious to visit relatives in another state, and as the visit would effect a change of air and food and divert the mind by affording pleasurable entertainment, I willingly consented to the arrangement. She was away several months, being some of the time under a physician's care, and on her return was little improved. She came in to see how the spine had progressed, and we found the curvature entirely corrected, but the single lesions in lower dorsal and lumbar regions were tender and showed that they had not received sufficient treatment. Seven more treatments were given, during which time patient gained rapidly and got so well she discontinued coming on her own responsibility, as I advised a few more treatments, which, I think, should have been taken to insure the most satisfactory and permanent results possible. However, patient seems to continue in good health so far.

Case No. 2

HEADACHE CURED.

Mrs. A.—for years had suffered agoniz-

ing attacks of headache. The pain was so severe that she had several times become unconscious, remaining in that condition several hours, all efforts to restore her being of no avail. For some months before coming for an Osteopathic examination the head had not ceased aching one minute night or day, and, in addition, once every week or two, one of those terrible attacks lasting two or three days. The only relief drugs had ever given was to induce sleep; morphine hypodermic injections having been given at the time of the acute attack, and this only after several (five or six) hours of intense suffering; though medicine had been faithfully tried for permanent results. Examination showed a slight lesion at third and fourth dorsal vertebra, which affected the stomach to some extent. The left ovary was found congested and tender upon palpation, and a well-marked lesion at the eleventh and twelfth dorsal. The significance of the last named facts will be clearly appreciated by all Osteopaths. Patient had one acute attack after treatment began, but Osteopathic methods relieved it so sleep was possible in two hours, against five or six hours with morphine. All headache disappeared during one month of treatment, with no return after several months.

Case No. 3.

STOMACH, BOWELS AND BLADDER TROUBLES

Mr. A.—came for examination and treatment. He had suffered for thirty years with stomach and bowel trouble. For several months previous to beginning treatment he had been an invalid, keeping his bed of necessity most of the time, and could walk only a few paces without lying down. For years he had been annoyed by an irritable bladder, causing frequent micturition, the condition sometimes becoming inflammatory. Pain in bowels was almost continual and at times severe, causing sleepless nights and un-

comfortable days. The stools frequently contained considerable catarrhal products, mucus, etc. Constipation was a feature of the case. Pain in the neck at the base of the occiput had been another source of discomfort. When asked by the patient how much I thought Osteopathy could do for him, I told him that, in as difficult a case as his, I could promise nothing, but if he would be patient and persistent I believed he might be much benefited, especially the neck and bladder, which would be worth the trial. Be it said to his credit, that he did persist, having taken about seven months' treatment (and here is where so many fail; if they do not get cured in one or two months they think it is no use and stop in spite of the advice of the Osteopath. It is a fact that, especially in cases of long standing, the best and most satisfactory results are obtained only by persistence and continued treatment). The following was the result:

Three treatments brought the inflamed, irritable bladder from the voiding of urine nine times some hours during the day and many times during the night, down to normal. The neck gradually gained and ceased to trouble after three months, the cause being a displaced vertebra corrected. The catarrhal discharge from the bowels disappeared about the end of the second month. The abdominal pain diminished and also disappeared; at first, a few hours at a time, the periods of relief increasing in length till relief became the rule and pain the exception. He has gained twenty pounds in flesh and has done considerable work. Constipation is a thing of the past. Did it pay?

Reported by T. M. KING, D.O., Springfield, Mo.

Case No. 1.

LIVER AND KIDNEY TROUBLE.

A lady past middle age afflicted with what was pronounced kidney and liver trouble was treated medicinally until her stomach became so weak that food could not be retained at all and she was so weak she could not rise from her bed,

and her friends and neighbors thought there was no possibility of her recovery and, in fact, the case did seem almost a hopeless one, but through the influence of some of our friends she was induced to try Osteopathy, with the result that in five months she was able to eat anything she wanted without any inconvenience, had gained a number of pounds of flesh and could travel about wherever she desired.

Case No. 2.

RHEUMATISM AND DIARRHOEA.

One of the soldier boys who did service for our government in Porto Rico, while in the army became afflicted with diarrhoea and rheumatism. When he first came to us he was so weak he could scarcely walk and the pain from the rheumatism was almost unbearable at times. Upon his return here he went to the hospital, but after six weeks' treatment there, finding no relief, he gave up in despair and went to his own home. A gentleman who had experienced the benefits of Osteopathic treatment advised him to try Osteopathy, which he did. Marked spinal lesions were noted, causing the bowel trouble, and removed, and the diarrhoea was checked at once. The rheumatic condition yielded in six weeks' time, when he was able to go to work in the railroad shops.

Case No. 3.

HEADACHE.

One year ago a gentleman came into our office apparently either drunk or crazy, and asked if we could do anything for him. Upon close examination he was found to be suffering such severe pain in the base of his brain that reason had almost left him. The muscles of his neck were found to be in a *tense* condition, obstructing the return of the blood from the brain, and the pain was due to the blood pressure in the cranium. Treatment was directed toward re-establishing the natural circulation, and in four treatments the trouble was cured, with no return since.

Reported by ASA M. WILLARD, D. O.,
Dillon, Mont.

Case No. 1.

NERVOUS EXHAUSTION.

Mr. B— came to me in April to be examined for kidney trouble. For some time he had had charge of business affairs which involved considerable worry and he had been steadily failing in health for over a year. Urinalysis revealed very little indication of kidney trouble, but indicated nervous exhaustion, showing pus and phosphates in large amounts. Upon examination found spine to be very rigid and muscles and ligaments all along it were strained and tense. Patient took three and one-half months' treatment, during which time pus in urine entirely disappeared and phosphates became almost normal. Gained twelve pounds in weight during last two months of treatment. It has been three months since he discontinued treatment and he is still enjoying good health.

Case No. 2.

ENLARGED TONSILS AND ACUTE TONSILLITIS

Master D— J—, aged 4, had chronically enlarged tonsils and was subject to frequent attacks of acute tonsillitis, which under medical treatment usually lasted four or five days, were accompanied by fever and confined the child to bed. Feb. 26, while suffering from an acute attack he was brought by his parents to receive Osteopathic treatment. The first treatment allayed the fever and four subsequent treatments reduced all inflammation. Examination had shown that the deep muscles and ligaments surrounding the upper vertebrae of the neck were contracted, drawing the atlas slightly to the right and interfering with the blood supply to the neck and head. Between two and three months' treatment corrected this condition and the chronically enlarged tonsils assumed normal proportions. During the last nine months he has had but one attack of acute tonsillitis, which was very slight, there being no fever.

Case No. 3.

ACUTE BRONCHITIS.

Bad colds are such an every day occurrence that it might be considered useless to report them, but in the hope that more parents may be influenced to save their children's stomachs a quinine, paregoric, calomel, etc., doping, I report this and the following case: Little Miss P— M—, aged 5, had for two days been, as she said, "all choked up," and coughed constantly, having kept herself and mother awake all night the night before being treated. The first treatment relieved the cough and she slept well all the next night. Two other treatments cured the cold completely.

Case No. 4.

CATARRHAL CROUP.

Master M—, 2 years of age, had been having a cold for several days, which had been getting worse, and the evening he was treated he had begun to be croupy. Treatment directed to the contracted tissues of the upper dorsal and cervical regions, which were causing perversion of the blood supply to the child's larynx and bronchial tubes, soon relieved the oppressed breathing and fever, and the child went to sleep and slept well the remainder of the night.

Case No. 5.

DYSMENORRHEA.

An Open Letter by the Patient.

For several years I suffered with dysmenorrhea—pains so excruciating that I was kept in bed two or three days of each month. I went west to Dillon, Montana, November, 1899, hoping the climate might benefit my health. As I did not seem to improve I began medical treatment. In March, 1900, I was no better. I consulted the Osteopaths, Drs. Asa M. Willard and Lulu B. Hamilton. They gave me encouragement and told me I might try a month and if at the end of that time they found that they were doing me no good they would tell me so. I went to the medical doctor and told him that I had concluded to try Osteopathy one month at least and see if it would

help me. He laughed at me and said, "You won't see any difference in one month or two months or three months or four months." I took two months' treatment and was entirely cured. I have now returned to my home in Riverside, Iowa, in perfect health.

Miss B——.

**Reported by FLORA A. NOTESTINE, D. O.,
Oconomowoc, Wis., in the Wisconsin
Osteopath.**

ASTHMA, LATERAL CURVATURE.

Miss B—, 23 years old, had a fall when a child which caused lateral curvature from lower dorsal region to sacral, also anterior condition in lumbar region, right limb much shorter and smaller than left, ankle quite stiff, foot and limb always cold, menstrual flow every two weeks, suffered with asthma and insomnia; she has taken about two months' treatment and is very much improved in every way; limb is beginning to fill out, ankle is loosening up, asthma entirely cured and says she sleeps like a baby. This lady wore a heavy brace for years.

**Reported by W. L. RIGGS, D. O. Elkhart, Ind.,
in The Iowa Osteopath.**

PNEUMONIA.

Mr. W., aged twenty-two, taken with a chill on Thursday. Friday had temperature of 104 and some pain in left lung, sputum was streaked with blood. Two M. D.'s pronounced it a typical case of pneumonia. The pain in the lung was controlled by elevating the sixth and seventh ribs; the cough was kept under absolute control by attention to the second and third vertebrae at their transverse processes. The patient was able to sleep every night and the fever had disappeared on Saturday, just nine days after the initial chill. The recovery was complete, the young man resuming his school work after an absence of but two weeks. During the entire case I could stop any paroxysm of coughing by steady pressure at the third dorsal vertebra. No drugs of any nature were administered.

**Reported by U. M. HIBBETS, D. O., Brooklyn
Iowa, in Cosmopolitan Osteopath.**

CHRONIC DIARRHOEA.

W. H. L. came for treatment with a case of chronic diarrhoea, for which he had been treated by the old school physicians for a number of years, testing both homeopathic and allopathic medication, but gradually growing worse from year to year. For two years the back was so weak that he could do no work, in fact, could hardly sit up long enough to eat his meals, and he was therefore treated for kidney trouble for a couple of years. The trouble was located in the spine and after the first treatment the pain in the back left entirely and the supposed kidney trouble was gone. Two months sufficed to cure the diarrhoea and the patient is a well man.

**Reported by S. T. LYNE, D. O., Allentown, Pa.
in Boston Osteopath.**

LA GRIPPE.

Mr. G. was taken with severe aching in the back and limbs, pain in the chest, headache, fever, and stiffness of the neck. He was informed by his family physician that the trouble was muscular, due to cold. He therefore concluded that Osteopathy would be the proper treatment. I found him suffering with an attack of la grippe with the above mentioned symptoms. There was severe contraction of the spinal and thoracic muscles—a condition which often remains in some degree after a patient recovers from an acute attack, unless he has Osteopathic treatment, and furnishes a primary cause for other ailments later on. First treatment gave some relief, and after four treatments he was able to be out and attending to business.

Every tendency of nature is to throw off disease, and when Osteopathy removes the cause, nature quickly eradicates the evil effects, and health is the result. Hence the effects of Osteopathic treatment continue permanently and do not cease with the treatment.—*Southern Journal of Osteopathy.*

EDITORIAL DEPARTMENT

ARTHUR L. EVANS, D. O., EDITOR,
31 Loveman Building, Chattanooga, Tenn.

Ask a medical doctor for health and he gives you a poison.

Osteopathy is a rational system of treating disease. It is the legitimate outgrowth of the failure of drugs.

Most medical doctors are good men trying with the means they have been taught to use to accomplish good. But they work with drugs and poisons, dangerous and deadly tools!

Pain is only a symptom of disorder. The medical man too often attempts to banish the symptom by paralyzing the sensory nerves with opiates. The Osteopath looks beyond the symptoms for the cause and seeks to remove it.

In China it is said that the doctors draw their pay when their patients are well and get nothing when they are sick. We are accustomed to commiserate the "heathen Chinese," but when you come to think about it, is there not considerable philosophy in the way they deal with their doctors?

Osteopathy is in no sense related to Faith Cure. The Osteopath adjusts misplaced parts, stimulates torpid organs, sets free the vital forces and fluids inherent in the body that nature may pursue her harmonious sway. When this is done health ensues not as a result of faith, but in spite of doubts.

It is a law of nature that flowing water remains or becomes pure and that an obstruction to its flow produces stagnation. So, too, with the blood—a free flow of pure blood is health, an obstruction to its flow means disease. Nature may be assisted in either case by removing obstructions to the natural flow of the fluids.

Osteopathy is that science of treating diseases of the human body, which regards disease as the product of an obstruction to, or derangement of, nerve force and circulation, and undertakes by manipulation, or by manual stimulation or inhibition of nerves and nerve centers, to remove the obstruction or correct the derangement, so that nature may resume her perfect work.

The following is from Church & Peterson's work on "Nervous and Mental Diseases:—"

"Certain drugs, as quinine and the salicylates, cause tinnitus (ringing of the ears), and quinine in large and repeated doses has caused permanent deafness." It would be interesting to collect the opinions of different medical writers on different drugs. If all were to be abandoned that have been thus pronounced responsible for grave mischief certain it is that the drug doctor would be robbed of the principal and most commonly used instruments of his armamentarium.

A man might read a great deal about music, he might, possibly, even master the theory of it, but if he never played on an instrument under the direction of a competent instructor, what sane man would want to employ him as organist for his church?

Osteopathy, like music, is a science and an art, and we assert that it cannot be fully mastered by reading nor by any course of study which does not include actual practice. Not only the mind, but the hand as well, must be educated. In so important a matter as your health you want the most skilled attention to be had, therefore consult a duly graduated Osteopath, not a mere "book doctor."

While it is absolutely necessary that the Osteopath should have a thorough knowledge of anatomy, physiology and the other branches in the curriculum of Osteopathic schools, yet no less important is the knowledge gained in the clinic room where every genuine Osteopath, under skilled instructors, is taught how to detect and correct abnormalities.

The human body is the house in which the soul dwells, and, like the ordinary dwelling house, often requires similar treatment when it gets out of repair.

When the foundation of your house settles and you call in a mechanic you would regard him as foolish should he attempt to draw it into place with a porous plaster.

If the drain pipes become clogged and the basement fills with water you would consider it a great deal more sensible to remove the obstruction from the pipes than to attempt to dry up the water by throwing in calcium and sodium chloride.

Indeed, there are many things done to the human body under the guise of science which if the same principle were applied to less important affairs would be considered criminal ignorance.

The Journal of the American Medical Association closes an editorial review of the recent syndicate article from the pen of the great Dr. Osler on "Medicine in the Nineteenth Century," with the following significant paragraph: "One of the striking features of modern medicine, as Dr. Osler points out, is the tendency on the part of physicians to give little or no medicine and to substitute attention to diet, exercise, rest and climate for drugs. And yet the century never witnessed a more perfect and all-abiding faith in drugs on the part of the layman than at its close. But as this man of wisdom concludes, faith is as ever, a large element in the success of the practitioner, and, as Galen says, 'confidence and hope do more than physic.'"

Indeed! Then in reality the practice of drug giving is the practice of *faith cure*. This might be a harmless system of practice if placebos were always administered, but many drugs are positively harmful, and, unlike the above quoted journal, we believe the people are finding it out. The success which Osteopathic practitioners are having all over the country is an evidence of this fact. We hail as a harbinger of better things for the people this abandonment of drugs on

the part of the more intelligent of the medical profession.

The humor of the following lines will be apparent to all, except possibly those who have suffered with the malady to which they relate:

Have you got the new disorder?

If you haven't, 'tis in order

To succumb to it at once without delay.

It is called appendicitis—

Very different from gastritis,

Or the common trash diseases of the day.

It creates a happy frolic

Something like the winter colic

That has often jarred our inner organs
some.

Only wrestles with the wealthy

And the otherwise most healthy—

Having got it, then you're nigh to
"kingdom come."

Midway down in your intestine,

Its interstices infest in,

Is a little alley, blind and dark as
night—

Leading off to simply nowhere,

Catching all stray things that go there,

As a pocket it is simply "out of sight."

It is prone to stop and grapple

With the seed of grape or apple,

Or a soldier button swallowed with
your pie;

Having levied on these chattels,

Then begin internal battles

That are apt to end in "mansions in
the sky."

Once located, never doubt it,

You would never be without it,

It's a fad among society that's gay;

Old heart failure and paresis

Have decamped and gone to pieces,

And *dyspepsia* has "fallen by the way."

Then stand back there, *diabetes*,

For here comes APPENDICITIS,

With a brood of minor troubles on the
wing;

So, Vermiform, here's hoping

You'll withstand all drastic doping

And earn the appellation, "Uncrowned
King."

—Texas Physician.

Diseases of Women.

The failure of the ordinary medical treatment to effect cures of diseases of women is probably responsible for the alarming and oft-times criminal recourse to surgery as the great panacea for woman's ills. Speaking of this tendency, Professor Parvin in his presidential address before the American Gynaecological Society, said: "There is a glamour about successful surgery—a flashing of swift fame, a glitter of gold and promise of financial felicity, as well as the conscious pride of success and of instant relief—that may mislead, operations being done that might have been averted by judicious hygiene, and patient, wise medical treatment. It is useless to deny that unnecessary operations, sometimes sexual mutilations, are done, and that many women are saved from them by changing their professional adviser."

We hope Prof. Parvin is wrong in ascribing mercenary motives to those medical men who perform needless "sexual mutilations" and "unnecessary operations." We prefer to believe that it is the result of error in judgment, mistaken diagnosis, or sheer desperation at their inability to afford relief in any other manner.

However it may be, it is a well known fact that these mutilations are daily being performed.

Wm. Goodell, M. D., in his introduction to Keating & Coe's Gynaecology, in speaking of the criminal carelessness of diagnosis in this class of cases and the ready resort to the knife, has this to say:

"Just as headache does not necessarily mean brain disease, ovary-ache and back-ache do not necessarily mean ovarian disease. Nerve strain and these aches are, it is true, correlatives; but the middle term which connects them is merely a disturbance in the circulation. Yet time and again—and I say this deliberately—have ladies been sent to me to have their ovaries taken out, when the whole mischief had started from some mental worry. Their ovaries were sound, but their nerves were not, and no operation was

needed for their cure. As angels, according to the Schoolmen of the Middle Ages, fly from point to point without traversing the intervening distance, so with like swiftness the physician of the present day jumps from any distinctly female ache to an ovarian conclusion without the delay of any intermediate misgivings. The ache is in the back; then, he argues, it is probably ovarian. It is in the groin; then, of course, it is ovarian. It is in the head; but extremes meet, and surely it also comes from the ovaries. Indeed, I have seen a painful nose, as well as a red one, attributed to the ovaries, and treated canonically by the hot vaginal douche and by uterine applications. From this widespread bias and pernicious haste, the removal of the ovaries has degenerated into a busy industry, by which, in city and in country, very many women have been and are being mutilated both needlessly and on the slightest provocation."

It would be difficult to set forth more clearly the deplorable condition of the medical profession with respect to diseases of women than is done by the testimony of the above quoted medical authorities.

Fortunately woman is not left to be the victim of such cruel incompetency as they so graphically describe. It is the chief glory of Osteopathy—the new drugless and knifeless science of healing—that it reduces to the minimum the functional sufferings of that sex and brings new hope to womanhood.

On this point let one speak who has personally investigated the science, and whose name will add weight wherever refined womanhood is honored. Mrs. J. B. Foraker, wife of the United States Senator from Ohio, says: "If Dr. A. T. Still had discovered nothing new in medical science but what he has done for woman his name would go down the ages as the greatest physician of any age and one of the historical benefactors of the race. His system has made it possible for woman to escape most of the ills which she has been supposed traditionally to be condemned to suffer; he has made it possible for her to approach maternity in calm

tranquility, having assurance that its pains will be almost entirely overcome; and he has demonstrated that women need not spend their lives nursing functional derangements without finding succor. Who before has done so much in medicine? His system—Osteopathy—will do more for all kinds of chronic troubles than any other system.”

“Do You Guarantee a Cure?”

Not infrequently do Osteopaths have this question addressed to them. All of them (we hope) answer it in the negative.

The lawyer charges a fee to conduct a case in court and collects it regardless of whether the verdict be for or against his client. The minister is paid his salary and is not required to guarantee that his sermons will be satisfactory to his congregation, nor that he will add a certain number of members to the rolls of his church. No one thinks of asking a medical doctor to guarantee a cure. He is called in and collects his fee from the patient—or his estate.

The Osteopathic profession is equal to any of the above mentioned in usefulness, dignity and in the skill and learning of its members, and they have no reason to apologize for conducting their business affairs upon the same plane as other professions.

There is a semblance of an excuse for the question in this, that patients frequently say: “I’ve paid out so much money and got no benefit that I’ve got discouraged,” but Osteopaths should not be expected to suffer for the failure of other systems.

About the only persons we know of who guarantee cures are those nomadic charlatans whose coming is heralded with flaming posters and whose departure is “tween two suns.” Genuine Osteopaths will not be placed in that class. The practitioners of Osteopathy settle in a place with the idea of making it their home. Having a high regard for their professional reputation and being desirous of building up a substantial practice,

they do not undertake cases that they do not honestly expect to benefit or cure. When they do undertake a case they are entitled to a reasonable compensation for the time, study and hard work put upon it. No doctor does harder work than the Osteopath.

If all people were perfectly honest it might be possible to make payment conditional upon substantial improvement. But unfortunately there are those morally weak enough to deny benefits received in order to avoid payment. It will thus be seen that the “no cure no pay” plan can never be made practicable. “Cure” is an indefinite term. There are varying degrees of health, and who would decide when a cure was effected or benefit received?

Often, too, all of the work of the doctor is set at naught by some accident or imprudence on the part of the patient, and it would be manifestly unfair to deprive the doctor of his fee under such circumstances.

To the afflicted we would say, Consult an honest and competent Osteopath, a legitimate representative of the most rational system of healing known. He will not claim to cure everything, but if he gives a favorable opinion of your case give him a fair chance to demonstrate the claims of his science and expect to pay him the reasonable compensation he asks for his faithful, conscientious efforts in your behalf, and in ninety-nine cases out of every hundred you will not be disappointed.

Constipation.

Constipation is not popularly regarded with that gravity which its importance as a factor in the production of ill health warrants.

Dr. Illoway, of New York City, in an exhaustive work on constipation, enumerates nineteen more or less grave disorders which he classes as “consequences of constipation.” Among them may be mentioned the following: Piles; appendicitis; inflammation of the intestines; intestinal obstruction from impaction of

feces; torpid liver; jaundice; loss of tone to the stomach and consequent indigestion; functional disturbances of the nervous system, such as palpitation of the heart, sick headache, all forms of neuralgia, insomnia, etc., and diseases of the genital organs of the female, such as prolapsus, displacement and other uterine disorders.

When we contemplate the above appalling list of sequelae attendant upon a condition from which so many people suffer to a greater or less degree the question of its cure becomes of interest and importance.

In speaking of the medical treatment for chronic constipation, Dr. Daniel E. Hughes, late demonstrator of clinical medicine in the Jefferson Medical College, Philadelphia, says in his "Compend of the Practice of Medicine:" "Purgative mineral waters or cathartic medicines are to be used with caution, their reckless administration often doing more harm than good."

More frank, however, and pertinent is the testimony of the great Wm. Osler, M. D., in a late edition of his work, "Principles and Practice of Medicine." Under the heading, "Constipation—Causes Of," he says: "Under this heading may appropriately be placed that most injurious of all habits, drug taking."

W. Gilman Thompson, M. D., in his valuable work, "Practical Dietetics," thus speaks of the treatment of chronic constipation: "The practice of continually taking laxatives and strong cathartics cannot be too strongly condemned. The constant daily overexcitation of the bowels by such remedies as aloes produces a deplorable condition, in which the bowels refuse to act at all without constantly increasing dosage."

Dr. Illoway, the author above referred to, says: "Do not take any purgatives; they are enemies of a regular habit. They promote constipation."

But it is useless to multiply evidence on this point. It is a matter of common

knowledge and experience that under that form of treatment the disease becomes more chronic.

In this, as in so many other emergencies, is Osteopathy the Balm of Gilead. We feel warranted in asserting that Osteopathy can relieve any case of constipation in which there is not a complete paralysis of the intestinal mechanism, and even such are not entirely without hope.

To get these results, however, it is expected that the patient will aid by the observance of a few simple hygienic rules, and continue the treatment for a time sufficient for nature to restore normal conditions and resume normal functions.

Consumption.

By reading the recent medical literature on the subject of pulmonary consumption one becomes convinced not only that there is no specific for this disease and that drugs exercise no controlling influence over it, but that these facts are freely acknowledged by the medical profession. While many medical writers might be quoted in confirmation of this, we will confine ourselves to the following from the Journal of the American Medical Association:

"Probably no disease has had as many remedies recommended for its treatment as pulmonary tuberculosis, but we are as yet without one of which it can be said that it exerts a directly curative effect. Of antiseptics capable of inhibiting the tubercle bacillus there is none that will not equally injure the tissues of the body."

Further on in the same article the editor says: "It is agreed that recovery does take place from pulmonary tuberculosis, at times spontaneously, at other times in conjunction with adventitious aid, and the object of treatment should be the stimulation and the fortification of the natural processes of resistance and antagonism to the tubercle bacillus and its products. The most valuable means at our command for these purposes consist

essentially in improvement of the general nutrition through air and food and a proper adjustment of rest and exercise."

The medical men are beginning to realize the truth in regard to consumption that Osteopaths have always taught in connection with all diseases, and that is the necessity of the reliance upon the remedial powers of nature. To be sure, nature should and must have all the aid that can rationally be given, and among these aids may very properly be classed air, food, rest and exercise—hygienic measures upon which no system of healing has any patent. But in addition to these helps, the natural processes of resistance may be stimulated and fortified by a skillful and judicious application of the principles of the science of Osteopathy. More especially is this true when the nutrition is poor, and the resisting power low on account of physical lesions resulting in interferences to nerve force and to the circulation of vital fluids.

It would be an extravagant assertion to say unqualifiedly that Osteopathy can cure consumption. And yet many cases of consumption have been cured by Osteopathy, and we firmly believe that this science can offer more hope to consumptives, in cases where there is any ground for hope, than any other system.

Rheumatism.

Of the cause of this painful malady very little is known and very different ideas are held by medical writers. Those suffering from it in any of its various forms need not be told that medical practitioners are equally as ignorant of and divided in their opinions concerning the means of curing it.

Speaking of the treatment of acute articular rheumatism, Hughes' "Practice of Medicine" says: "Owing to our imperfect knowledge of the exact nature of this most painful disease, its treatment still remains either empirical or is directed toward certain prominent symptoms or complications. Garrod claims that 'colored water' is about as potent as anything else, for it is, he says, a

'self-limited disease,' sometimes running a long and sometimes a short course."

Osler's "Principles and Practice of Medicine" says of chronic rheumatism: "Internal remedies are of little service."

With such teaching and experience it is not strange that medical doctors deny the potency of Osteopathy in this disease, but notwithstanding medical denial, there are hundreds of living witnesses of the curative value of Osteopathy in rheumatic troubles.

The Osteopathic treatment for this disease consists in stimulating the liver and kidneys, keeping the bowels active, improving nutrition, and the correction of spinal and other lesions involving the nerves to the affected parts.

We do not claim to cure *all* cases of rheumatism. There are cases of the articular form where the disease has been allowed to progress to such an extent that the inter-articular cartilages and synovial membranes of the joint have been destroyed. There is little hope for joints thus affected. But the cases of rheumatism which Osteopathy cannot cure, or at least greatly benefit, are very few. This statement does not rest upon unsupported theory, but is a fact that has been demonstrated in numerous instances.

Chronic Diseases.

Chronic disease is very often the continuation of an acute illness from which the patient fails to make a complete recovery. Very often it comes from a slight local disturbance of the nerve force or circulation, which being undiscovered, and hence neglected, leads to grave consequences.

The person today who does not suffer with some form of chronic ailment is the exception rather than the rule. The above facts taken in connection with the further fact that up to within very recent years the drug doctors have had a practical monopoly of the healing business, ought to afford food for reflection for thoughtful people and suggest some pertinent queries.

If the medical profession is all-wise and all-powerful, why are acute illnesses so often allowed to become chronic?

Is it not possible that poisonous drugs so freely administered in acute troubles derange the system and are really the seeds of chronic disorder?

If it is true—and Osteopaths have time without number unmistakably demonstrated its truth—that chronic troubles are frequently caused by anatomical maladjustments, why did not the medical adviser discover the trouble and correct it in its incipency? Is it not unreasonable to expect a system of practice to give relief from ills for which it is either directly or indirectly responsible?

If drugs are powerless to eradicate disease at its outset, when the bodily tissues are strong in resisting power, what could be expected of them after years of suffering have weakened the vitality of the patient?

In the light of years of failure of the drug system and the plain truths of Osteopathy, do you not think it wise, in this class of cases at least, to try a system whose practitioners reject drugs and nostrums as foreign and dangerous to the human body and by a thorough knowledge of "animal mechanics" seek rather to remove all obstructions to the vital processes and to "direct the inherent recuperative resources within the body itself to the restoration of health."

Diseases Treated.

It would be impracticable to attempt to catalogue all the diseases which might be successfully treated by Osteopathy. Its efficacy has been demonstrated in practically all diseases known as curable, and in many cases after various other methods had failed.

It is true that cases may be found where disease has existed so long and progressed to such an extent as to preclude the possibility of recovery. This can usually be ascertained by an examination and the honest practitioner will of course give his candid opinion in all cases.

Experience has proven the value of Osteopathic treatment in both acute and chronic forms in the following (partial) list of diseases, and will convey some idea of the scope of our science to those who are asking, "What can Osteopathy cure?"

EYE AND EAR.—Granulated Lids, Weak Eyes, Discharge from Ear, some forms of Deafness (dependent on cause).

HEART AND LUNGS.—Pneumonia, Incipient Consumption, Pleurisy, Functional Irregularities of the Heart.

LIVER AND KIDNEYS.—Bright's Disease, Diabetes, Jaundice, Torpid Liver, Gall Stones, Biliousness.

BLADDER AND URETHRAL DISEASES.—Enlarged Prostate, Cystitis, Incontinence of Urine.

STOMACH AND INTESTINAL DISORDERS.—Catarrh of Stomach or Bowels, Flatulency, Dyspepsia, Constipation, Piles, Flux, Dysentery.

DISLOCATIONS AND DEFORMITIES.—Hip and Joint Diseases, Spinal Curvatures, Dislocations, Sprains, Stiff Joints, Atrophy.

NERVOUS DISEASES (SO-CALLED.)—Neurasthenia, Headaches, Sciatica, Tic Douloureux, St. Vitus' Dance, Insanity, Paralysis Agitans, Facial Paralysis, Locomotor Ataxia, Neuralgia, Paralysis, Hay Fever.

GENERAL DISEASES.—Rheumatism, Asthma, Catarrh, Goitre, Eczema, Bronchitis, Wry Neck, Enlarged Tonsils, Cerebro-Spinal Meningitis, Milk Leg, Varicose Veins, Erysipelas, Scrofula, Cold Extremities, Malnutrition, Lumbago.

DISEASES OF WOMEN A SPECIALTY.—Irregular, Painful, Suppressed or Excessive Menstruation, Leucorrhœa, Prolapsus and other displacements of the uterus.

A Pimer Lesson.

O stands for Osteopath, one skilled to cure,
S stands for Science, whose truths will endure,
T stands for time, that sifts the false and true,
E stands for effort, which pulls merit through,
O stands again for opportunity,
P stands for prejudice, most slow to see,
A stands for action, requisite in life,
T also stands for trials, known in strife,
H stands for honor, worth's eternal trust,
Y stands for *yield*—which old-school doctors must.

—N. J. S.

Terms for Treatment.

Many misconceptions as to the terms for Osteopathic treatment have arisen, and the surest way to receive definite information on this point is to consult the Osteopath in your town. It will be found in every case that the terms are reasonable.

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